Questionnaire

1. Have you ever been unfaithful to your spouse? (this can mean your boyfriend or girlfriend)

NO!

2. Do you ever play with fire?

A little.

3. Do you ever talk to yourself?

Yes.

4. Have you ever met with members of your own sex in a secluded place?

Yes. (maybe)

5. When you met in this group, did you ever dance around naked?

NO

6. Can you float in water?

Yes

7. Do you believe in God?

No ± a monotheistic one.

MAKING CHANGES

How Do You Feel About Yourself? What Changes Can You Make

Most mental health professionals agree that one of the basic foundations of mental health is self-esteem. If an individual has a low opinion of his or her self-worth, this *may* (though, of course, it does not always) contribute to the development of a period of poor emotional health. In a few instances it *may* be a contributing factor in the development of an actual mental disorder.

How well do you like yourself? How much do you approve of your own behavior? What can you do about the behaviors that you think need to be changed? To find out more about this, fill in the following questionnaire, which is a list of statements you might use to describe how you feel about yourself.

Directions: Read each statement carefully, and place a check mark in the blank that best indicates how well the statement describes you: (1) describes me exactly; (2) describes me pretty accurately; (3) describes me to some extent; (4) does not describe me very accurately; (5) does not describe me at all. (Note: There are no right or wrong answers.)

QUESTIONNAIRE	(1)	(2)	(3)	(4)	(5)
1. I feel good about the way I look.			X		
2. I can get along with most people.		X			
3. I'm not much help to others.				X	
4. My friends seek my advice when they are in trouble.		X			
5. Sometimes I wonder if my family really cares about me.			Ø	X	
6. I have many good qualities.		X			
7. I take pride in my appearance.		X	Ø		
8. I often feel awkward.			X		
9. I avoid parties and other social functions.			X Ø	Ø	
10. Sometimes I can't decide what I want to do.		X			
11. I enjoy making new friends.		X			
12. I can be an irritating person at times.			X		
13. I usually fail to achieve my goals.				X	
14. I would be happier if I were more attractive.				X	
15. I usually quit too soon.			X		
16. I don't learn as fast as most of my friends.					X
17. I am happy with my sex life.	Ø	X			

	(1)	(2)	(3)	(4)	(5)
18. My family relationships are a source of help and support for me.			X		
19. I sometimes behave badly toward other people.				X	
20. I am able to manage my life myself most of the time.			X		

EVALUATION

Now, let's analyze the way you responded to the questionnaire.

1. List the numbers of just those items where you indicated that the item "describes me exactly."

2. List the numbers of just those items where you indicated that the item "doesn't describe me at all."

   16

3. Analyze the items that describe you exactly and compare them with those that don't describe you at all. What patterns emerge? Are there any aspects of your life that seem to have particular influence over your self-esteem?

   For example, if items having to do with your physical appearance—"I feel good about the way I look," "I take pride in my appearance," and so on—appear on one or both of the lists you have made, then you may conclude that physical appearance plays an important part in your self-esteem. If these items don't appear on your lists, this may mean that your physical appearance isn't important to you one way or the other.

   Or, take another example: If items having to do with the way you get along with other people—"I avoid parties and other social functions," "I enjoy making new friends," and so on—appear on one or both of your lists, then you may conclude that interpersonal relationships are important in the way you feel about yourself. If these items don't appear on your lists, this may mean that interpersonal relationships simply don't affect your own feelings of self-worth, for either better or worse.

   Note that the purpose of this exercise is not to make you pass judgment on yourself. It's simply to help you get to know yourself a little better—to help you find out what personal qualities are important to *you,* how you measure up in those particular areas in your own eyes, and what actions you can take to enhance your feelings about yourself.

4. List four items that you would like to change and that you feel you *can change.*

   13
   19
   20
   9

TAKING STEPS TO IMPROVE SELF-ESTEEM

Think about what you've learned about yourself for a minute. If you find that doing this questionnaire has made you think about some rather uncomfortable areas, and if you wish you felt a lot better about these areas, you *may*

CANCER-Estimated New Cases, 1990

1=1000 cases

	TOTAL	MALE	FEMALE	5-Year Relative Survival Rate (%) (1974-1976)	(1977-1980)	(1981-1986)
ALL SITES	1040	520	520	49.0	49.4	50.7
LUNG	157	102	55	12.2	13.1	13.1
BREAST	151	1	150	74.0	74.3	76.64
COLON	110	52	58	49.9	52.4	56.4
PROSTATE	106	106	--	66.5	70.6	73.3
BLADDER	49	36	13	72.2	74.6	78.2
RECTUM	45	24	21	48.1	49.6	53.4
CORPUS UTERI	33	--	33	88.2	84.3	82.6
NON-HODGKIN'S LYMPHONA	36	19	17	46.9	48.2	50.8
ORAL CAVITY AND PHARYNX ..	31	20	10	52.9	52.0	50.9
LEUKEMIA	28	16	12	33.4	35.2	34.9
MELANOMA OF SKIN .	28	15	13	79.2	81.1	81.1
PANCREAS	28	14	15	2.7	2.6	3.1
KIDNEY	24	15	9	51.4	51.7	52.6
STOMACH	23	14	9	14.9	16.4	17.0
OVARY	21	--	21	36.5	38.0	38.9
CERVIX UTERI	14	--	14	68.3	67.3	65.8

Please answer the following questions:

- Do you have blue eyes? Y
- Do you suffer from allergies? N
- Do you drink alcohol and smoke together? N
- Do you drink coffee often? N
- Do you eat smoked foods? N
- Do you have more than two drinks a week? N
- Do you smoke? N
- Do you breast feed? N
- Are you more than 40% over the average weight for your height? N
- Do you avoid being sexually promiscuous? Y
- What skin type do you have (1-always burn,never tan; 2-always burn,tan less than average; 3-get a mild burn,tan; 4-never burn,tan more than average)?
- Is there a history of cancer in your family? N

National Cancer Institution- 1-800-4-CANCER

Make-a-Wish Foundation of America
National Office
2600 N. Central Avenue, Suite 936
Phoenix, Arizona 85004

cancer- uncontrolled growth and abnormal spread of cells

carcinogen- a cancer-causing agent

tumor- a purposeless swelling or enlargement in the body. It can be either benign (noncancerous) or malignant (made up of a mass of cancer cells). Cells from a benign tumor do not spread to other parts of the body and are generally not fatal unless found in the brain.

There are five types of cancer:

carcinomas- grow in tissues that cover or line the body or internal organs;ex. lung, breast, colon, and skin cancer

sarcomas- originate in bones and tissues that connect or lie between organs and the skin. It develops in bone-forming cells. ex. osteogenic sarcoma

lymphomas- form in lymphatic system, especially in the lymph nodes; ex.Hodgkin's Disease

leukemias- cancers of the blood or circulatory system, usually arise in the bone marrow where blood cells are produced

myelomas- cancers that form tumors composed of cells normally found in